

**AMENDMENTS TO THE SPECIFICATION**

Please amend the paragraph beginning on line 5 of page 6 as follows:

Fig. 3A is a perspective view showing an elastic cord secured to a grip by a grommet;

Please amend the paragraph beginning on line 9 of page 7 as follows:

Still referring to Figs. 1 and 2, the base members 14 of the frame 12 are constructed as elongated bars 24. As best shown in Fig. 2 each base member may also alternatively include a pair of flanges 26 that extend perpendicular to the longitudinal axis of the bars 24. A sleeve 28 is positioned on and extends away from a top surface 29 of each base member 14. Each base member 14 is secured to a floor 3 of the vehicle 1 by fasteners 30. The fasteners 30 may include self-tapping metal screws [[32]], hook-and-loop fasteners (e.g., VELCRO®) or an adhesive. As again best shown in Fig. 2, the bottom 33 or contact surface each base member 14 may be stepped or have some other shape that is complementary to the floor 3 of the vehicle. Accordingly, the base member 14 may be a planar member or may be contoured in order to conform to the floor 3 of the vehicle 1.

Please amend the paragraph beginning on line 19 of page 8 as follows:

Referring now to Figs. 2-3D, an exercise device 22 of the present invention may be constructed as a grip 48 that is secured to a clip 50 by an elastic cord 52. The clip 50 is removably securable to a mounting fixture 20 of the frame 14. As shown in Fig. 3A, the grip 48 may be constructed as a plastic handle having a grasping portion 53 and an open portion 55. The elastic cord 52 is secured to the handle by a grommet 54. Alternatively, as shown in Fig. 3B-C, the elastic cord may be secured to the grip 48 by means of a ball 56 disposed at one end of the

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cord 52 with the cord 52 extending through an aperture 58 defined in a base 57 of the grip 48; the aperture 58 having an inside diameter that is smaller than the diameter of the ball 56.